

IS IT BETTER TO WALK LONGER OR FASTER?



GOAL SETTING

Set clear fitness goals for weight loss or stamina improvement.

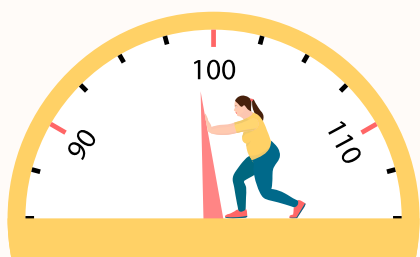
TIME VS. DISTANCE

Researchers suggest that walking for distance might offer better estimations of exercise and calorie expenditure.



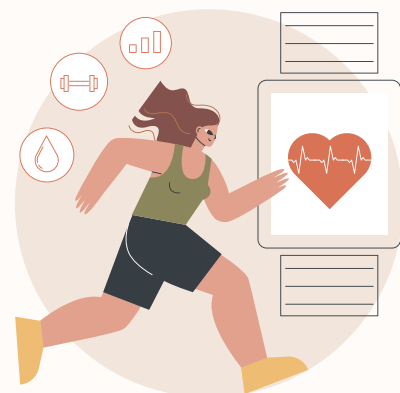
STUDY FINDINGS

In a study comparing time-based and distance-based walking, the distance-based group lost weight, while the time-based group gained weight due to overestimating calorie burn.



CALORIE TRACKING

If you aim to track calories burned, focus on distance walked, estimating about 100 calories per mile (varies with factors like height, weight, pace).



EXERCISE INTENSITY

Exercise intensity matters for calorie burn and overall health. Faster walking pace correlates with longer telomeres, indicating a younger biological age.

PACE MATTERS

Picking up the pace and maintaining a brisk walk can lead to better health outcomes.



TIPS FOR EFFECTIVE WALKING

1. Track Your Activity: Monitor your progress, whether through time or distance, to stay motivated and reach your goals.
2. Warm-Up and Cool Down: Start with a slow walk to warm up and end with a cool-down period for optimal results.
3. Variety: Keep your routine interesting by trying new routes and distances.
4. Interval Walking: Mix moderate and brisk walking for a more challenging workout.



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